

# **Keeping the Fires Lit**

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## **Burning Question**

**We all have talent and ability**

**Success is always around the corner**

**The warrior** concept and you (a role deeply rooted in service and leadership by example)

## **Stress**

- What do you do to prevent burnout?
- Discuss stress reduction techniques and their benefits
- Emphasize that self care is NOT selfish, but the highest form of care there is...

## **Power of Vision**

- Both from a traditional and modern view
- It is the first step to every creation, great and small
- Clarity is power and mitigates daily stressors
- The key is to stay true to the vision, despite the obstacles and critics

## **Power of Attitude**

- Is it really everything?
- We've seen the incredible impacts it has on daily performance, relationships, etc.
- Discuss the health and performance benefits, through anecdote and science

## **Power of Environment**

- We're like sponges, soaking up all we're around (what is yours soaking up daily?)
- Discuss the need and ways to create a nurturing environment on purpose
- Explain the traditional and modern view of the term "medicine" and why it is so critical to staying healthy and focused in our careers and personal lives

## **Power of Patience**

- We need time to grow even in an era of short cuts, quick solutions, etc.
- Discuss the traditional, natural views on patience and emphasize the impact today

## **Final Message**